

LVS / LVN / VAA / BAA / BAC (LABBS) BASKETBALL RULES 2016

Eligibility

Players may not be on any traveling roster for the duration of league or tournament play. Teams may **not** bring in "substitute" players who are not registered within an affiliated association or players that have registered on a traveling team. Teams may bring in players from a lower level league within an affiliated association but cannot use the same substitute player two games in a row or for more than twice per year. Substitutions should be clearly documented on the score sheet with the players name, level and affiliated association team that they are assigned. Team rosters are fixed during team formation. Violation of the substitution rules may result in game forfeit.

Equal Participation Rule

- I. Each player on a team will have an equal amount of playing time. Coaches meet with officials to note any unequal time situations. No player will play more than one segment greater than other players. Exceptions to this rule include:
 - a. Illness or injury to a player: Notify referee and coach. The player may return to finish their segment.
 - b. Game ejections
 - c. Disciplinary action by a coach: The parent/guardian of the disciplined player, opposing coach and officials must be notified before the game. Any lost segments must be imposed at the start of the game. Recommended disciplinary action is the loss of a segment of play.
 - d. After four individual fouls in the first half, the player must sit for the remainder of the first half. A player fouls out after 5 person fouls.
- II. A player that arrives to a game late plays an equal amount of playing time for the time that remains in the game upon their arrival. For example, if a player misses the first two segments, the lost playing time is not made up throughout the remainder of the game. If a player misses the first half, they do not play the full second half.
- III. In the event a **substitution** is made due to the above situations (in a, b, c or d), the player entering the game must be a player with the least amount of playing time and that segment will not be used to determine equal participation. The player that substitutes in this event shall be denoted on the score sheet with an "S" in the segment spot. This same player may not have another "S" segment until all other eligible players have an "S" segment.
- IV. In the event that a player on the floor receives a technical foul, that player must sit out the remainder of the segment and be replaced by an eligible "S" player.
- V. Overtime games: Equal participation will continue through overtime. No player will play more than one segment greater than other players. OT consists of a two-minute period with substitutions occurring after one minute. If more than 10 players are on one team, two players can share one segment.
- VI. Equal participation is a requirement for all grade levels, including regular and overtime play. Any discrepancies must be noted before the conclusion of the game. Protests will not be handled after a game is completed. Key checkpoints are before the start of the 2nd half and before the start of the last quarter. Use these times to address and correct discrepancies. A technical foul and loss of possession will be assessed to the offending team. The equal participation issue must be corrected. If not correctable, the referee must be notified to render a decision regarding unequal play. Unequal play can result in a forfeit.

a. Examples of Equal Participation

Ten players: each player plays 4 segments

Nine players: 4 players play 5 segments, 5 players play 4 segments

Eight players: each player plays 5 segments

Seven players: 5 players play 6 segments, two players play 5 segments

Six players: 4 players play 7 segments, 2 players play 6 segments

A team must have 5 players to start the game. 10 minutes past posted start times will be granted for teams with less than 5 players. Teams with less than 5 players may forfeit the game at the league director's discretion. Forfeited games are scored as a 0-0 win / loss.

If a team drops down to 4 players due to injury, sickness or ejection then the team has a choice to play with 4 v 5 or 5 v 5 with the 5th player the last player to be removed from the game. Every foul the 5th player commits will result in a technical foul which is 1 point to the opposing team and possession of the ball.

Game Time

Meeting with referees - coaches (or their designee) and referees meet at center court before game time to discuss issues and rules. This is a good time to discuss concerns, such as where the out of bounds line is and identify players that will not be able to meet the equal participation guidelines.

No more than three coaches per team may sit on the team bench and only one may stand on the team sideline. Other coaches may serve at the scorer's table or observe the game as a parent on the opposite sideline. The bench is reserved for players and coaches, no spectators are allowed on the bench. The reason for this rule is so that referees are able to hear the coaches for timeouts. Exceptions will be made for those attending a player's injuries.

Game Duration and Time-Outs

A. Games consist of four quarters lasting 8 minutes, each.

B. Each quarter is divided into 4-minute segments to allow for substitutions under the equal participation rule.

C. Time will be running for the first three minutes of every segment (stopped for foul shots, timeouts and official timeouts). The last minute of the segment will be stop time.

D. The half-quarter mark which is after the 1st, 3rd, 5th and 7th segments should only be used for substitutions. Coaches are expected to have their substitutions ready to check in and should not be used as a timeout. Referees will be instructed to issue one warning per game per team with the second offense being a charged timeout. If a team does not have a timeout then the second offense will result in a bench technical.

E. Every segment can be played as an end of time scenario with the next segment being determined based on alternate possession.

F. Each team is allowed two timeouts per half and one timeout per overtime period. A timeout without an available timeout results in a bench technical. Time outs last for one minute.

G. Half-time is 4 minutes if game is on time and minimum of 2 if games are running late.

H. Overtime periods will consist of two minutes (stop-time). This is divided into two one-minute segments to accommodate equal participation. Equal time is then determined based on 10 segments instead of 8. The overtime periods start with a jump ball and the second segment is determined by alternate possession. If the game is still tied after the overtime period during the regular season, the tie will stand. Playoff games when a winner needs to be determined will continue to play 1 minute segments until the outcome is decided. The 11th, 12th, nn segments will need to respect equal time and will start with a jump ball.

Specific Rules for Age Level – State High School Rules apply unless specified

- I. No Zone Defense - Man to man defense in the front court only, double teams are allowed in the offensive lane. See item III for how this will be enforced.

Man to Man Defense Defined: When the ball is outside of the double team area a defensive player must be aware of where their player is on the court. The defender is not required to remain within specific distances of their player however if their player moves they should also adjust their position respective to their player's movement. The goal is maintaining good help defense while avoiding zone defenses. If a player gets beat on defense, a teammate may leave their player to help out but must return or switch in a reasonable amount of time once the other defender recovers.

- II. Offensive isolation plays are not allowed. See item III for how this will be enforced.

Only plays that are designed to keep all 5 offensive players active or around the lane are allowed. Plays intended to spread the floor with the sole intent to promote one on one play will be called as an offensive isolation play and will result in losing the possession.

- III. Calls for double teaming, zone defense and isolation plays may result in either a stoppage of play with no change of possession or as an official warning. If an official issues a verbal warning then each team should receive the same number verbal warning before an official warning is issued. On the second official violation, a bench technical will be issued resulting in the opponent receiving 1 point and possession. Coaches may receive multiple verbal warnings at the discretion of the official as long as each team is treated equally.

- IV. The intent of this rule is to have no back court pressure and allow teams to cross the timeline.

The defense must drop back to half court once the ball is secured by the offensive player. The defenders must initially provide at least 5 feet for the offensive player to cross the half court. Once the offense had moved the ball past 5 feet from half court then the defense is allowed to play man to man in the entire front court.

- V. 3rd and 4th Grade only - No stealing off the dribble.

Players may steal off of a pass and may tie the ball up. If the ball is tied up then play is stopped and possession is awarded based on alternate possession.

- VI. Over and back along with 3 second violations are enforced. 3 seconds in the lane should be called after multiple verbal reminders during game play.

3 seconds in the lane should be something the coaches work on with their players. Officials will be instructed make the 3 second call after verbal warnings remaining consistent throughout the game in both the actual time in the lane for both teams.

- VII. 3rd and 4th Grade only - all two shot, shooting fouls will result in automatically rewarding 1 point to the team that was fouled and the player drawing the foul taking 1 Free Throw. 4th quarter and overtime – this rule reverts back to standard HS rules.

This does not apply to foul shots awarded as a result of a bonus situation. A player making a basket while being fouled will be awarded an additional Free Throw for a potential 3 point play.

- VIII. Free throws will be taken from 2 feet inside the regulation FT line.

The player may cross the FT line in the act of shooting however the FT shooter may not rebound the ball unless they return to behind the FT line after the ball hit the rim or it has been touched by another

offensive or defense player. The intent of this rule is to allow the FT shooter to cross the line without giving them a rebounding advantage.

- IX. Officials should be explaining the calls to the players to help them understand the infraction.
- X. Games with a 20 point margin starting the 4th quarter will play the remaining 2 segments with a running clock - only stopping for team and official timeouts. The clock will **not** stop for FT or out of bounds. The clock will use stop time for the remaining 10 seconds so that the ball is in play when the game is over.
- XI. The following are HS rules and are worth noting
 - a. All leagues use a compact 28.5 basketball
 - b. Bonus is awarded on the 7th foul (one and one) of the half. Double bonus is awarded on the 10th foul.
 - c. The low post block will remain unoccupied during free throw attempts and players may enter the lane on release of the shot.
 - d. Fouls are to be called and recorded by player and team. Teams will be awarded FT's based on opponent's foul totals by half. Teams that draw 7 fouls are awarded one and one FT's and 10 plus fouls result in 2 FT's.

Intentional and Flagrant Fouls Defined

The following distinction is to allow the referees to determine if an aggressive foul rises to the level of a technical foul. Many times a young player is confused about how to foul and this provides a distinction that may provide a coaching moment without drawing the implications of a technical foul.

Intentional Fouls usually occurs when a team wants to stop the clock. The intent of this foul is to teach how to go after the ball when attempting to foul. Fouls that are deemed dangerous should still be called as Technical Fouls. Intentional fouls are recorded as a personal foul, two FT's are awarded to the team that draws the foul and they are also award possession of the ball.

Flagrant Fouls are those make that can be harmful to a player or players but does not rise to the same level as a technical foul. Flagrant fouls are recorded as a personal foul, two FT's are awarded to the team that draws the foul and they are also award possession of the ball.

Technical Fouls (Disqualification)

Technical fouls are recorded as a personal fouls and results in the awarding of one point for the opposing team (no foul shots) plus ball possession. A violation of the illegal defense rule is considered a technical foul.

A player who accumulates 4 technical fouls in any time span (any number of games) is suspended for one game.

Players and coaches are disqualified from a game when cited with a 2nd technical foul and are automatically disqualified from the next game. Parents may be asked by referees to leave the building for unsportsmanlike conduct. Disqualified individuals are expected to stay away from the game sites and are not permitted to attend the next game as a spectator. This includes play-offs. In the event that the next game is the 2nd or 3rd game of a double- or triple-header, the disqualified individual must miss that game and leave the game site.

If a team has 5 players remaining on a team and one of them foul out, the team has the option of playing with 4 players or playing with five. If they play with 5, a technical foul will be assessed for each foul committed by that player. Whatever decision is made, it cannot be changed during the course of the game.

Three Point Goals

Three point goals are allowed only on courts marked with a 3-point circle.

League Standings/Post Season Play

League standings are based upon number of wins and ties with 2 points for a win and 1 point for a tie. In the event that teams tie based on this formula, head to head competition determines a tiebreaker. Scoring differentials have no bearing on standings. Therefore, running up of scores accomplishes nothing in terms of standings. All ties will use head to head among the tied teams first followed by defensive points allowed against for the season as the tiebreaker. If more than 2 teams are tied then head to head among the teams that are tied would be used as the first tiebreaker. When a single team does hold the best record against the common opponents then defensive point against will be used for all remaining teams that are tied.

All teams participate in a play-off tournament at the end of the regular season.

Sportsmanship

EVERYONE MUST RESPECT THE REFEREES AND THEIR CALLS. It is important that players are taught not to argue with coaches, referees and teammates. Play fair, do not cheat, fight, or hurt others. Players must be willing to share the ball, pay attention to the game plan and try to execute accordingly.

Players, coaches and parents must not argue calls. If appropriate the coach might ask for a clarification on the call. When relating to the officials, it is important to remember that they could make errors or unpopular calls. This is part of the game. It is impossible to make a call that benefits both sides and they will not get them all right.

We all must remind ourselves that the desire to win may sometimes compromise the goals of sportsmanship, fairness, and providing a positive atmosphere. A successful season should be based on accomplishing the above goals regardless of won-loss records.

It is the responsibilities of the coaches and their assistants to control their actions, their players, and fans. The BAC In-House program is a recreational league and it will exhibit a wide range of talents. It is not appropriate for anyone to make negative comments about players, officials or coaches. This point should be emphasized by the coach to the parents at the first team meeting.

Facility Rules

Spill proof bottles are allowed in gyms that contain water. No other food or drink allowed in gyms (includes gum). Teams are responsible to supervise school hallways during practices and games. There is no practicing or activities that require a ball in the hallways. Respect other teams' and organizations' gym times. Respect school property.

Players Uniform

Players must wear the uniform issued to them by their association are responsible to replace lost uniforms. It is the intent for all registered players to play however players may not be allowed to play if they cannot prove they are registered. All jewelry must be removed prior to practice and games to prevent injury. If a player may play with piercings at the referee's discretion provided the following conditions: Front and back are taped, they present minimal danger to the wearer or other players and the wearer assumes all responsibility for harm caused intentional or non-intentional by the piercings. Any player that on the court that does not meet these conditions will leave the court until the conditions are met. A bench technical can be issued against the coach of a player who does not willingly adhere to this policy. **The intent of this rule is safety – for everyone.**

Coaching Qualifications

Teams must have an adult coach or mentor of at least 21 years old. All coaches and assistant coaches pass a criminal background check and provide verification that they have passed concussion training. These coaches or mentors must attend all team functions that are scheduled by the association and are required to sit on the bench or scorer's table during games. Teams may have assistant coaches younger than 21 provided that they remain provide a positive influence on the team. These younger coaches are not allow to help without the 21+ coach or mentor present. Coaches younger than 18 years of age (minors) do not have to provide a background check but do have to provide a concussion training certificate.